

What is claimed is:

1. A multifunctional encapsulated biologically active food component consisting of a core which comprises at least one dietary fiber, which core is surrounded by at least one biologically active substance, in which the core and the biologically active substance(s) are encapsulated by one or more shell-forming substance(s).
2. The food component as claimed in claim 1, wherein the dietary fiber is selected from plant fibers (wheat fibers, apple fibers, oat fibers etc.), water-insoluble polysaccharides (celluloses) and water-soluble polysaccharides, pectins, lignin and plant gums.
3. The food component as claimed in claim 1, wherein the shell substance(s) is (are) able to form a stable complex with the core material or the biologically active substance(s) or the core material and the biologically active substance(s).
4. The food component as claimed in claim 3, wherein the shell substance is selected from one or more of the following substances: mono-, di- and polysaccharides (hydrolyzed starches, microbial polysaccharides, plant polysaccharides, acidic plant gums, pectins, celluloses), emulsifiers, peptides, proteins and prebiotic substances.
5. The food component as claimed in claim 1, wherein the dietary fiber is selected from one or more of

the following substances: plant fibers (wheat fibers, oat fibers, rice dietary fibers, apple fibers, citrus fibers etc.), water-insoluble celluloses and hemicelluloses, water-soluble polysaccharides (for example β -glucans, fructo- or galactooligosaccharides), pectins, lignins or plant gums.

6. The food component as claimed in claim 1, wherein the biologically active substance is selected from one or more of the following substances: probiotic microorganisms, prebiotic substances, enzymes, nutrients (vitamins, minerals, trace elements, amino acids), natural or synthetic secondary plant constituents (for example carotenoids) and substances having antioxidant activity (for example flavonoids).
7. The food component as claimed in claim 1, which has a spherical or polygonal shape having a mean diameter, in the unprocessed state, of from about 1 μ m to about 200 μ m.
8. The food component as claimed in claim 1, wherein the core content of the food component is from about 10 to about 90% by weight.
9. The food component as claimed in claim 1, wherein the content of the biologically active substance in the food component is from < 1% by weight to > 50% by weight.
10. The food component as claimed in claim 1, wherein

the content of shell materials in the food component is \leq 50% by weight.

11. A process for producing a food component as claimed in claim 1, which comprises introducing a biologically active substance or a mixture of two or more biologically active substances into a medium which comprises one or more shell-forming substances, then enriching the resultant mixture with one or more dietary fiber(s) and homogeneously mixing the mixture and then freeing it from solvents or dispersion media.